

WOMAN'S PAGE

Egg Lore and Recipes

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Just now, when eggs are plentiful, and when light diet is to be specially recommended, a few egg dishes may be of use. To prevent the juice of fruit pies from soaking into the bottom crust, brush the crust over with a beaten egg before putting in the fruit. When making frosting in warm weather, set the whites of eggs on ice for a short time before using. When beaten eggs are to be mixed with hot milk, as in making custards or gravies, add the hot milk to the beaten eggs a spoonful at a time, stirring well, until the eggs are thin, then add both together; this will prevent the eggs from curdling. Egg stains can be easily removed from silver by rubbing with a wet rag dipped in fine table salt. To mend broken china, use a cement made by stirring plaster of paris into the white of an egg.

Eggs are valuable remedies for burns, and may be used in the following ways: The white of the egg simply used as a varnish to exclude the air; or, the white beaten up for a long time with a tablespoonful of fresh lard till a little water separates; or, an excellent remedy is the mixture of the yolk of an egg with glycerine, equal parts; put in a bottle and cork tightly—shake before using; this will keep for some time in a cool place.

Eggs when boiling frequently burst. This is caused by their being too full of air, and may be prevented by pricking one end with a needle before putting them into the water. This makes an outlet for the air, and avoids any possibility of their bursting. Eggs become unwholesome if kept in refrigerators; a fungus forms in them which is easily found by the microscope, although it is not noticeable to the taste. This fungus constitutes a danger when we consider how many eggs are consumed by all classes of society, and people of delicate constitutions ought to be particularly careful that they eat fresh and not kept eggs. Boiled eggs which adhere to the shell are fresh. A good egg will sink in water. Stale eggs are glassy and smooth of shell. The shell of a fresh egg has a limelike surface. A boiled egg which is dull and dries quickly on the shell when taken from the pan is fresh. Eggs which have been packed in lime look stained, and show the action of the lime on the surface. If packed in bran for a long time, eggs acquire a musty smell.

The white of egg contains water, and as the shell is porous this evaporates, and air enters to take its place; as a matter of course the air cell at one end of the egg gets larger. Now as air is lighter than water, a stale egg will be lighter than a new laid one.

If then, when an egg is put into water, it has a tendency to float, it may be considered as stale. If the pores of the shell be filled up with grease as soon as the egg is laid the evaporation of the water will be in a great measure prevented, and the egg will continue good for a longer period than otherwise.

Dutch Eggs.

Boil four eggs for fifteen minutes; then place in cold water till required; melt one heaping tablespoonful of butter, stir in two tablespoonfuls of flour, add one cupful of milk; boil for three minutes, stirring all the time; remove from the fire, and when the sauce is cool mix in two well-beaten and strained eggs; add two heaping tablespoonfuls of grated cheese, salt and cayenne to taste. Shell the eggs, cut them in quarters, and place in a fireproof dish; pour the sauce over them, sprinkle with more cheese, and cover with fine bread crumbs. Bake in a moderate oven for fifteen minutes.

Browned Eggs.

Put one cupful of good brown gravy into a baking tin, and break into it four eggs, being careful not to spoil the shape of the yolks. Sprinkle them over with a seasoning of salt and cayenne pepper and a little bread crumbs. Bake in a moderate oven for five minutes; then lift out the eggs with an egg slice, and place them on a round of buttered toast. Turn the gravy from the pan into a saucepan, and stir in one tablespoonful of tomato catsup. Let this boil up, then pour over the eggs and serve very hot.

Buttered Eggs.

Put two tablespoonfuls of butter into a small, enameled saucepan. Directly it frittles add to it one heaping tablespoonful of finely-chopped mushrooms, a large teaspoonful of chopped chives or shallots, and half a teaspoonful of chopped parsley. Fry for three minutes, then break in three small eggs; add salt and pepper to taste, and stir all one way until the eggs are all well thickened. Serve at once on hot, well-buttered toast.

Ox Eyes.

These dainties are made of rings of stale bread soaked in milk. Cut slices rather more than half an inch thick, and cut in rounds with a top of a tumbler, taking smaller rounds from the center of each with the top of a small wineglass. Lay in a buttered tin, and cover with milk, and when they have absorbed it break an egg into the middle of each ring, salt and pepper them, and put a teaspoonful of milk on the top of each egg. Bake in a hot oven till the whites are set, but not brown. When ready, lay on a hot dish, garnish with watercress and send to table.

Snow Eggs.

Put into a saucepan one and a half pints of milk and one inch of vanilla pod; let this simmer gently for thirty

minutes. Separate the whites and yolks of seven eggs. Whisk the whites very stiff, adding a pinch of salt, and when stiff, two tablespoonfuls of sugar. The eggs must be whisked stiff enough to bear the weight of a whole egg put upon them. Take the vanilla pod out of the milk. Drop in large, irregular spoonfuls the white of eggs into the milk, taking care not to put in too many at a time, so as to leave room for turning them around. Turn them about in the milk with an egg slice for three minutes; take them out and put them to drain on an inverted sieve. Repeat the operation until the whole of the snow is used. Strain the milk and make with it and the yolks the following boiled custard: Beat up the yolks of eggs, add the milk gradually; there should be one and three-quarter pints, adding more milk if required. Then add four tablespoonfuls of sugar and one teaspoonful of vanilla extract. Pour this mixture into a pitcher and stand it in a pan of boiling water and stir with an even, constant motion until the custard thickens and coats the spoon, which should be a wooden one; do not allow it to boil. Allow to cool. Arrange the snow eggs piled up high in a glass dish and pour custard around. Sprinkle the top with chopped coconut. Keep in a cool place till ready for serving.

Egg Farced and Tomato Sauce.
Boil four eggs for fifteen minutes and put them into cold water until cold. Shell them; cut them in halves lengthwise. Remove the yolks, put them into a basin, add one tablespoonful of butter and pour them together with a wooden spoon; then add two eggs, well beaten; one tablespoonful of finely-chopped parsley, a little salt, pepper, paprika, grate of nutmeg and a few drops of onion juice. Fill up whites with this mixture. Butter a pudding dish, arrange the eggs neatly in it and pour over them two tablespoonfuls of melted butter and put in the oven for five or six minutes. They should only be slightly browned. Serve hot with tomato sauce in a tureen.

Whirled Eggs.
Boil one quart of water and add one tablespoonful of salt. Keep the water boiling, stirring with a ladle or spoon in one direction until it whirls rapidly. Break the eggs one at a time into a cup and drop into the center or vortex of the whirlpool, which must be kept in motion until the egg is a round ball. Remove carefully with a perforated spoon, put on a slice of buttered toast and place the dish in the oven to keep warm. When a sufficient number of eggs have been cooked, add a dash of pepper, one tablespoonful of butter and egg, hot to table.

Egg Brouillee.
Have pieces of nicely-fried bread or buttered toast. There should be one for each person. Chop up three cooked mushrooms. Melt two heaping tablespoonfuls of butter in a saucepan, break four eggs into it, add two tablespoonfuls of tomato catsup, mushrooms and enough salt, pepper and paprika to season. Stir constantly over the fire till it gets a little set, then remove and stir a minute or two longer. Serve on the toast and very hot. This dish is spoiled if it is overcooked.

Deviled Eggs.
Boil three eggs for fifteen minutes. Take off each end and make them stand; cut them then in halves; remove the yolks and mix them with one teaspoonful of butter, a little anchovy extract, a pinch of cayenne, salt and pepper. Fill the whites again, piling them neatly to a point; sprinkle a little chopped parsley over and serve on rounds of hot buttered toast. Serve at once.

Canape of Eggs.
Boil four eggs quite hard, which takes fifteen minutes. Take off the shells and cut them in halves across. Take out the yolks and chop them up. Chop six capers, three pickled walnuts, two boned anchovies; mix well together, adding the yolks, salt, pepper and cayenne to taste and one teaspoonful of tarragon vinegar. With this stuff the whites of the eggs, put a small piece of butter on the top. Have eight rounds of fried bread, make the eggs stand one on each, put them into the oven to get thoroughly heated and serve at once.

Eggs au Gratin.
Have ready some boiling water in a frying pan, add to it one tablespoonful of vinegar and a little salt, break four eggs and add one at a time to the water; simmer slowly until the whites are just set; lift them out carefully with a fish slice and drain; put each slice on a buttered toast. Sprinkle each egg with a little grated Parmesan cheese, brown quickly in a hot oven and serve.

MARYLAND CHICKEN.
Clean and cut into pieces as for a fricassee. Wipe each piece with a dry cloth, dip into slightly-beaten egg and roll in fine bread crumbs. Arrange in a deep, buttered pan and place in a hot oven for three-quarters of an hour, basting three times with melted butter.

Make a broth with the neck and tips of the wings. Into a clean saucepan put one tablespoonful of butter, one tablespoonful of flour, one-third of a teaspoonful of salt and a dash of white pepper. Stir until well mixed, add gradually one cupful of the broth, and when thickened add one sprig of parsley, one-half of a bay leaf, a sprig of thyme, a slice of onion and one-quarter of a green pepper. Simmer

for ten minutes, strain into a double boiler or clean saucepan, add one-half of a cupful of liquor from a can of mushrooms, two tablespoonfuls of chopped mushrooms and more seasoning if necessary. While the chicken is being transferred to a hot platter, mix together the beaten yolks of two eggs and one-half of a cupful of cream, and add to the sauce. Stir for a moment longer, then take quickly from the fire and add one tablespoonful of lemon juice. Pour round the chicken and garnish with sprigs of parsley and strips of crisply-fried bacon.

PEPPER POT.

Select one pound each of plain and honeycomb tripe. If uncooked, wash and scrape thoroughly, then cover with fresh cold water; heat slowly and simmer for eight hours. In many shops tripe may be purchased ready boiled. Order a good, meaty knuckle of veal, trim and wipe it, put in the soup kettle, add three quarts of cold water, cover and simmer gently for three hours. Strain and return the broth to the fire. Add one cupful of diced raw potato and a bunch of pot herbs; if the latter should not be obtainable, substitute one small leek sliced or one-half of a bay leaf, one-half of a medium-sized red pepper or one tiny dried red pepper, one stalk of celery cut fine and salt to taste; cover and simmer for ten minutes. In the meantime cut the tripe into dice and the veal into small pieces. Put one-quarter of a pound of suet through the food-chopper and measure it. Add twice the amount of sifted flour, one-quarter of a teaspoonful of salt and sufficient ice water to mix to a stiff dough. Make this into dumplings the size of marbles. Rub together to a paste two tablespoonfuls of butter and two tablespoonfuls of flour. Stir gradually into it about a cupful of the soup, then turn into the kettle and stir for a moment. Add the prepared meat, and when again at the boiling point throw in the dumplings. Cover closely and simmer for fifteen minutes longer.

HOT CROSS BUNS.

Seal one cupful of milk and dissolve in it two tablespoonfuls of butter, two tablespoonfuls of sugar and one-half of a teaspoonful of salt. When lukewarm add one-half of a yeast cake dissolved in a little warm water and sufficient sifted flour to make a drop batter. Beat thoroughly and set aside until spongy and light. Add two well-beaten eggs, one-quarter of a cupful of currants, one scant teaspoonful of cinnamon, the grated rind of one lemon and one-half of a cupful of sugar beat to a cream, with one heaping tablespoonful of soft butter. Sift in flour to make a soft dough, turn out on a floured board and knead for about five minutes or until the dough feels smooth beneath the hands. Return to the bowl, cover and set aside as before. When doubled in size, mold into round biscuits and place on greased pans. Let stand until well risen, then bake in a hot oven. When baked brush the tops with sugar and water and return to the oven for a moment. The cross on the top of each bun may be made by slashing in the dough with a very sharp knife dipped in flour the last thing before putting in the oven, or after the buns are cooled icing may be put on each, using a tube to make the cross.

SARDINE CANAPES.

Cream two tablespoonfuls of butter and work into this gradually one teaspoonful of lemon juice, one-quarter of a teaspoonful of white pepper and one teaspoonful of finely-chopped parsley. From a number of large sardines remove very carefully the skin and bones, keeping them in as perfect halves as possible. Hard boil one or two eggs, and with a silver knife chop finely and separately the yolks and whites. Cut the crust from thin slices of bread which is two days old, trim each to an oblong shape and toast golden brown. When cold spread each slice with the seasoned butter, arrange on it one of the sardine halves and garnish the edges, and once or twice across the canape with fine lines of the egg yolk and white.

CHARLOTTE RUSSE.

Dissolve one and a half heaping tablespoonfuls of powdered gelatine in half a cupful of milk. Beat the yolks of five eggs with four heaping tablespoonfuls of sugar together, and put them into a double boiler with three cupfuls of milk. Stir over the fire until it begins to thicken, but do not let it boil; then add the dissolved gelatine and strain into a basin. When cool add the whisked whites of the eggs, one teaspoonful of vanilla extract, and half a pint of whipped cream. Mix thoroughly, and when beginning to set pour into a mold previously lined with lady fingers. The lady fingers should be trimmed evenly that they may fit into the mold. Set aside until wanted, turn out and serve.

BRUNSWICK STEW.

In a large kettle put one-half of a pound of fat sliced ham; add four chopped onions and place at the side of the fire until the fat is tried out and the onions partly cooked without browning. Add two chickens disjointed as for a fricassee, one can of tomatoes and four quarts of boiling water and simmer until the meat is tender. Add salt and pepper to taste, five potatoes pared and cut into quarters, one pint of scraped or grated corn, one pint of young lima beans, cover and simmer for three-quarters of an hour longer. Now add three tablespoonfuls of flour blended with cold water, stir until thickened, then drop in two tablespoonfuls of butter cut into bits and one tablespoonful of chopped parsley and cook for a moment longer.

French Dinner Menu

Paysanne Soup.
Halibut "Au Plat."
Calf's Head en Potage.
Roast Loin of Beef Brulee.
Cold Squab. Victoria Salad.
Camembert Cheese. Apples Charlotte.
Fruits.

Paysanne Sou.—Use one carrot, one turnip, half a cabbage and two potatoes, cut into small pieces, one leek and half a sliced onion. Melt in a saucepan one ounce of butter, put in the leek and onions, simmer and stir a few minutes, add the other vegetables and pour in two quarts of water, or better, of good white stock, with a little salt and pepper. Boil rapidly for one hour. Add more seasoning if required, finish with a little piece of fresh butter and serve with some thin slices of bread.

Halibut "Au Plat."—Use a halibut or any other flatfish suitable for four persons. Make a cut all along the bone on the black side, season and butter nicely. Lay the black side on a well buttered dish and pour over a quarter of a pint of water and the juice of a lemon. Cook in a slow oven, basting often, until reduced to a clear thick syrup. Finish with an ounce of fresh butter and serve on the same dish cleaned around the edges and powdered with minced parsley.

Calf's Head en Potage.—Infuse for half an hour half an ounce of mixed turtle herbs (mint, sage, lemon, thyme, romaine, marjoram, etc.), in half a pint of boiling stock, add half a pint of brown gravy and a gill of thick tomato sauce. Boil down to about half. Boil a piece of calf's head, enough for four persons, in water, to which a pinch of flour and a drop of vinegar have been added to keep it white. When done, cut into two inch squares and simmer for five minutes in the sauce; with a dozen stoned olives, four mushrooms cut into pieces and one scalloped gherkin. When serving add a drop of Madeira and four small pieces of buttered toast shaped into forms.

Roast Loin of Beef Brulee.—Use two pounds of peeled potatoes boiled in salted water. When done pour the water off and pass them through a wire sieve. Then dry them in a pan on the fire, stirring vigorously with a little butter. When they no longer stick to the pan mix in two beaten eggs; season to taste, and when hard enough put on a buttered dish to get cold. Butter the potatoes as well to prevent them from crust. When cold shape into crostades and brush with beaten egg. Bake in a warm oven. Boil in plenty of salted water one pound of brussels sprouts. When done strain well, and mix in lightly half a pint of a thick white sauce, season to taste and put in the crostades. Powder with grated cheese and bread crumbs and place in a hot oven to brown. Serve arranged neatly around the roast beef.

Victoria Salad.—Arrange together two peeled tomatoes, cut into quarters, two or three boiled potatoes, according to size, and thinly sliced, a head of lettuce and a few slices of truffles. Season as for ordinary salad.

Apple Charlotte.—Peel and core a pound of baking apples. Put them in a pan, with a little butter, cover and simmer with the grated peel of half a lemon, when stewed soft mash with a wooden spoon and add sugar according to taste. To be successful this marmalade has to be very thick. Have a cylindric pudding mould, well buttered. Cut some slices of stale bread, remove the crust, shape them into rectangles about one and a half inch broad and as long as the depth of the mould. Dip in a little melted butter and place them all around the mould, overlapping each other. Cover the bottom with small triangles of well buttered bread. When done put the apples in, cover with another slice of bread and bake for one hour in a rather slow oven. When ready to serve turn upside down on a dish and mould out. Serve with a little cream or with a little apricot syrup, easily made with jam, cleared with a drop of water and passed through a fine colander.

FRUIT SAGO MERINGUE.

Pick over and wash two-thirds of a cupful of sago, add one pint of cold water and boil slowly until clear, stirring occasionally to prevent lumping. As it thickens add two more cupfuls of water. In a dish place the fruit, washed or otherwise prepared, sprinkle with sugar to sweeten, pour over the sago and bake in a quick oven long enough to cook the fruit. Make a meringue by beating together the whites of three eggs, a pinch of salt and three tablespoonfuls of powdered sugar. When very stiff and glossy spread this over the top of the dish, sprinkle with powdered sugar and return to the oven until lightly browned.

BROTH CUSTARDS.

Beat the yolks of three eggs until thoroughly mixed. Add one cupful of strong broth of any kind—beef, chicken, veal—and sufficient salt to make it palatable. Strain into very small, slightly buttered cups, stand in a pan of warm water and place in a moderate oven until the custards are set; this may be ascertained by thrusting a spoon or knife blade into the center; if done the utensil will come out clean; if not, it will be smeared with the mixture. Set away on ice and serve very cold.

SCOTCH SHORT BREAD.

Cream thoroughly together one cupful of butter and two cupfuls of sugar, add one teaspoonful of vanilla and one well beaten egg. Work into this sufficient pastry flour to make a soft dough. Roll out half an inch thick, cut into squares, lay on greased pans, prick with a fork and bake pale brown in a moderate oven.

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